

How to reduce soda availability at home, at work and in the community



At home

- ☐ Choose low-calorie options like water, low-fat milk and unsweetened tea and coffee instead of soda and other sugary drinks such as non-diet sodas, sports drinks, sweet teas, bottled coffees and energy drinks. (Children under 6 should have no sugary drinks, limit these for older children and adults).
- ☐ Share the information about the negative impact of sugary drinks on health with your family and friends.
- ☐ Be creative! Ask your kids to design their own fun beverages for special occasions using carbonated water, fruit and 100% fruit juice (4 oz or less). Have a contest to see who can go longest without drinking a sugary beverage.

At work

- ☐ Stop or limit serving sugary drinks at meetings and events.
- ☐ Provide healthy drinks and access to fresh drinking water.
- ☐ Limit sugary drinks in vending machines and cafeterias.
- ☐ Set the price of soft drinks in cafeterias and vending machines higher than other healthier beverages.
- ☐ Educate employees and co-workers about the negative impact of sugary drinks and about healthier choices.

In the community

- ☐ Share what you've learned about the health impacts of sugar-loaded beverages and the benefits of choosing healthier drinks with co-workers, friends and family.
- ☐ Join with neighbors, friends, and parents' groups to urge child-serving venues to remove or limit sugary drinks and to provide access to fresh drinking water.